

Shonda Rhimes Year Of Yes

Did you know.. that she heads the ShondaLand company, the production company that has brought to life familiar shows such as Grey's Anatomy, Private Practice, and Scandal? that she's one of the rare African-American women to have gained such status? She's first, only and different! "I'm a black woman every day, and I'm not confused about that. I'm not worried about that. I don't need to have a discussion with you about how I feel as a black woman because I don't feel disempowered as a black woman." -Shonda Rhimes A PREVIEW of the LEARNINGS and INTERESTING THINGS you can get from this Trivia Book. What makes Shonda Tick! What are her weird antics and interesting character traits? Know what she likes to write about the most. Why she's one of the most powerful black female show runners in Hollywood. Did you know that she wears big headphones when writing to prevent people from talking to her and disturbing her? How did her sister convince her to say yes to anything last 2014 even the ones that is out of her comfort zone. Let Bern Bolo's Trivia about Shonda Rhimes inspire you that whatever you are doing right now, know that someday, when you're successful and looking back, you might say, I'm glad I pursue my dreams just like Shonda. Get your copy now and be inspired:)!"

Arguing that anyone can become financially independent through self-discipline, this indispensable guide addresses the financial problems of ordinary South Africans who are struggling with garnishment orders, debt counseling, university fees, and home loans. With simple tips and tricks, this book will help reader achieve financial success.

The internationally bestselling self-empowerment book from influencer, rapper, and spoken word artist Humble the Poet, now available in a new edition with a new foreword by the author. Unlearn offers short, accessible, and counterintuitive lessons for reaching our full potential. Beloved for his sincerity, playfulness, and sage advice, globally famous rapper, spoken word artist, poet, blogger, and influencer Humble the Poet has traditionally shared his message of self-discovery, creativity, and empowerment with his fans through music and written word. That message has now been extended to this empowering book, offering insights and wisdom that challenge conventional thinking and help you tap into your best, most authentic self. Humble sees life with unique clarity. In Unlearn, he opens our eyes to our own lives, helping us to recognize the possibilities that await us and the challenges that prevent us from realizing our dreams. With his characteristic honesty and forthrightness, he helps us shed the problematic lessons we've learned throughout our lives that limit us, from sabotaging habits, to fixed mindsets, to past regrets, and relearn new, unconventional ways of moving through life. Among his 101 lessons are: Fitting In Is a Pointless Activity Don't Trust Everything You Feel Killing Expectations Births Happiness Comparisons are Killer Baby Steps Add Up You Decide Your Worth Profound in its simplicity, Unlearn is the perfect invitation to a new beginning and to pursue a life of fulfillment.

"A fresh and vital new voice in romance."—Entertainment Weekly From award-winning author Adriana Herrera comes a novel hailed as one of Entertainment Weekly's 10 Best Romance Novels of 2019 and a TODAY Show Hot Summer Read. No one ever said big dreams come easy For Nesto Vasquez, moving his Afro-Caribbean food truck from New York City to the wilds of Upstate New York is a huge gamble. If it works? He'll be a big fish in a little pond. If it doesn't? He'll have to give up the hustle and return to the day job he hates. He's got six months to make it happen—the last thing he needs is a distraction. Jude Fuller is proud of the life he's built on the banks of Cayuga Lake. He has a job he loves and good friends. It's safe. It's quiet. And it's damn lonely. Until he tries Ithaca's most-talked-about new lunch spot and works up the courage to flirt with the handsome owner. Soon he can't get enough—of Nesto's food or of Nesto. For the first time in his life,

Jude can finally taste the kind of happiness that's always been just out of reach. An opportunity too good to pass up could mean a way to stay together and an incredible future for them both...if Nesto can remember happiness isn't always measured by business success. And if Jude can overcome his past and trust his man will never let him down. Dreamers Book 1: American Dreamer Book 2: American Fairytale Book 3: American Love Story Book 4: American Sweethearts Book 5: American Christmas

Lucy, Kit, and Mimi were best friends. Until they hit high school, that is. Then Kit became queen of the popular crew; Lucy became queen of the nerds; and Mimi became queen of the rebels. But they're all determined to follow their dreams--no matter wherethey might lead.

Dan Savage's nationally syndicated sex advice column, "Savage Love," enrages and excites more than four million people each week. In *The Kid*, Savage tells a no-holds-barred, high-energy story of an ordinary American couple who wants to have a baby. Except that in this case the couple happens to be Dan and his boyfriend. That fact, in the face of a society enormously uneasy with gay adoption, makes for an edgy, entertaining, and illuminating read. When Dan and his boyfriend are finally presented with an infant badly in need of parenting, they find themselves caught up in a drama that extends well beyond the confines of their immediate world. A story about confronting homophobia, falling in love, getting older, and getting a little bit smarter, *The Kid* is a book about the very human desire to have a family.

A beautiful, illustrated, aspirational companion journal to Shonda Rhimes's New York Times bestselling memoir *Year of Yes*. In her mega-hit book *Year of Yes*, Shonda Rhimes transformed her life by saying one small word: YES. Now, in the perfect complement to that instant New York Times bestseller, *The Year of Yes Journal* allows you to chronicle your own Year of Yes. The journal is broken out month by month, day by day, with each month highlighting a theme ("Yes to Doing," "Yes to Help," "Yes to Who I Am"). Daily, you can track what you say YES to and keep notes about how that decision has made a unique impact; monthly, you will find journaling prompts for reflection around that specific theme. With a check-in section at the six-month mark, as well as at year end, and encouragement from Shonda along the way, you will have ample opportunity to track how YES has transformed your daily life. This inspirational—and aspirational—journal is bound with a beautiful, gold foil-stamped blue case. With memorable aphorisms from *Year of Yes* placed throughout and gorgeously illustrated, this stunning journal is a must-have keepsake that brings a bit more YES to your life.

In a picture book filled with surprises, toddlers join the search for the mother of an egg and find that inside of the egg, there is a book. The instant New York Times bestseller from the creator of *Grey's Anatomy* and *Scandal* and executive producer of *How to Get Away With Murder* shares how saying YES changed her life. "As fun to read as Rhimes's TV series are to watch" (*Los Angeles Times*). She's the creator and producer of some of the most groundbreaking and audacious shows on television today. Her iconic characters live boldly and speak their minds. So who would suspect that Shonda Rhimes is an introvert? That she hired a publicist so she could avoid public appearances? That she suffered panic attacks before media interviews? With three children at home and three hit television shows, it was easy for Shonda to say she was simply too busy. But in truth, she was also afraid. And then, over Thanksgiving dinner, her sister muttered something that was both a wake up and a call to arms: You never say yes to anything. Shonda knew she had to embrace the challenge: for one year, she would say YES to everything that scared her. This poignant, intimate, and hilarious memoir explores Shonda's life before her *Year of Yes*—from her nerdy, book-loving childhood to her devotion to creating television characters who reflected the world she saw around her. The book chronicles her life after her *Year of Yes* had begun—when Shonda forced herself out of the house and onto the stage; when she learned to explore, empower,

applaud, and love her truest self. Yes. “Honest, raw, and revelatory” (The Washington Post), this wildly candid and compulsively readable book reveals how the mega talented Shonda Rhimes finally achieved badassery worthy of a Shondaland character. Best of all, she “can help motivate even the most determined homebody to get out and try something new” (Chicago Tribune).

Welcome to Shondaland: An Unauthorized Biography Shonda Rhimes is the reigning Queen of Network Television. On the strength of the hit television series Grey's Anatomy, Private Practice, Scandal and How to Get Away with Murder, she has turned the staid and repetitive halls of network television on its collective ear with shows that feature tough and realistic storylines, expertly drawn characters and, perhaps most importantly, have featured women in predominant lead roles. For Shonda, getting to the top has not been easy. She has met and conquered long held stereotypes of race and gender, has fought to singlehandedly raise the realistic and creative bar in media and has ultimately won over the viewing masses with her straight-forward middle-American attitude that has successfully cut through the B.S. and misconceptions like a knife through butter. In Welcome To Shondaland: The Unauthorized Biography of Shonda Rhimes, New York Times Bestselling Author Marc Shapiro follows the trail of a young idealistic girl who grew up on hopes, dreams and possibilities, would not take no for an answer, and found that success is the ultimate weapon in silencing doubters. Shonda Rhimes has proven a success story of classic proportions, a life that finally inspires and encourages, a life that tells the world to follow their passion. Welcome To Shondaland: The Unauthorized Biography Of Shonda Rhimes tells the reader that it is okay to meet life head on and to take a chance.

This year-long quest is divided into a chapter for each month of the year and takes you on a hilarious journey through Headley's oddest dates as well as her gradual development from being deeply judgmental to being open to any type of guy (or woman, for that matter) who expresses an interest in her.

As a creative force, student of the human heart and soul, and champion of living the life you want, Oprah Winfrey stands alone. Over the years, she has made history with a legendary talk show - the highest-rated program of its kind, launched her own television network, become the nation's only African-American billionaire, and been awarded both an honorary degree by Harvard University and the Presidential Medal of Freedom. From all her experiences, she has gleaned life lessons—which, for fourteen years, she's shared in O, The Oprah Magazine's widely popular "What I Know For Sure" column, a monthly source of inspiration and revelation. Now, for the first time, these thoughtful gems have been revised, updated, and collected in What I Know For Sure, a beautiful cloth bound book with a ribbon marker, packed with insight and revelation from Oprah Winfrey. Organized by theme—joy, resilience, connection, gratitude, possibility, awe, clarity, and power—these essays offer a rare, powerful and intimate glimpse into the heart and mind of one of the world's most extraordinary women—while providing readers a guide to becoming their best selves. Candid, moving, exhilarating, uplifting, and frequently humorous, the words Oprah shares in What I Know For Sure shimmer with the sort of truth that readers will turn to again and again.

A National Book Foundation 5 Under 35 Honoree NBCC John Leonard First Book Prize Finalist Aspen Words Literary Prize Finalist Named a Best Book of the Year by Vogue, NPR, Elle, Esquire, BuzzFeed, San Francisco Chronicle, Cosmopolitan, The

Huffington Post, The A.V. Club, The Root, Harper's Bazaar, Paste, Bustle, Kirkus Reviews, Electric Literature, LitHub, New York Post, Los Angeles Review of Books, and Bust "The debut novel of the year." —Vogue "Like so many stories of the black diaspora, What We Lose is an examination of haunting." —Doreen St. Félix, The New Yorker "Raw and ravishing, this novel pulses with vulnerability and shimmering anger." —Nicole Dennis-Benn, O, the Oprah Magazine "Stunning. . . . Powerfully moving and beautifully wrought, What We Lose reflects on family, love, loss, race, womanhood, and the places we feel home." —Buzzfeed "Remember this name: Zinzi Clemmons. Long may she thrill us with exquisite works like What We Lose. . . . The book is a remarkable journey." —Essence From an author of rare, haunting power, a stunning novel about a young African-American woman coming of age—a deeply felt meditation on race, sex, family, and country Raised in Pennsylvania, Thandi views the world of her mother's childhood in Johannesburg as both impossibly distant and ever present. She is an outsider wherever she goes, caught between being black and white, American and not. She tries to connect these dislocated pieces of her life, and as her mother succumbs to cancer, Thandi searches for an anchor—someone, or something, to love. In arresting and unsettling prose, we watch Thandi's life unfold, from losing her mother and learning to live without the person who has most profoundly shaped her existence, to her own encounters with romance and unexpected motherhood. Through exquisite and emotional vignettes, Clemmons creates a stunning portrayal of what it means to choose to live, after loss. An elegiac distillation, at once intellectual and visceral, of a young woman's understanding of absence and identity that spans continents and decades, What We Lose heralds the arrival of a virtuosic new voice in fiction.

Thriving stand-up comic and actress Yvonne Orji—best known as Issa Rae's BFF on the HBO series, Insecure—shares the secrets to living the life of your dreams. Yvonne Orji has never shied away from being unapologetically herself, and that includes being outspoken about her faith. Known for interpreting Biblical stories and metaphors to fit current times, her humorous and accessible approach to faith leaves even non-believers inspired and wanting more. The way Yvonne sees it, God is a Sovereign Prankster, punking folks long before Ashton Kutcher made it cool. When she meditates on her own life—complete with unforeseen blessings and unanticipated roadblocks—she realizes it's one big testimony to how God tricked her into living out her wildest dreams. And she wants us to join in on getting bamboozled. This is not a Self-Help book—it's a Get Yours book! In Bamboozled by Jesus, a frank and fresh advice book, Orji takes readers on a journey through twenty-five life lessons, gleaned from her own experiences and her favorite source of inspiration: the Bible. But this ain't your mama's Bible study. Yvonne infuses wit and heart in sharing pointers like why the way up is sometimes down, and how fear is synonymous to food poisoning. Her joyful, confident approach to God will inspire everyone to catapult themselves out of the mundane and into the magnificent. With bold authenticity and practical relatability, Orji is exactly the kind of cultural leader we need in these chaotic times. And her journey through being Bamboozled by Jesus paints a powerful picture of what it means to say "yes" to a life you never could've imagined—if it wasn't your own.

A strange and charming collection of hilariously absurd poetry, writing, and illustration from one of today's most popular young comedians... EGGHEAD: Or, You Can't Survive on Ideas Alone Bo Burnham was a precocious teenager living in his parents' attic

when he started posting material on YouTube. 100 million people viewed those videos, turning Bo into an online sensation with a huge and dedicated following. Bo taped his first of two Comedy Central specials four days after his 18th birthday, making him the youngest to do so in the channel's history. Now Bo is a rising star in the comedy world, revered for his utterly original and intelligent voice. And, he can SIIIIIIING! In EGGHEAD, Bo brings his brand of brainy, emotional comedy to the page in the form of off-kilter poems, thoughts, and more. Teaming up with his longtime friend, artist, and illustrator Chance Bone, Bo takes on everything from death to farts in this weird book that will make you think, laugh and think, "why did I just laugh?"

The noted American writer celebrates her mother's life-affirming values and behavior and records their influence on her own fight with tuberculosis and her sister's courageous response to the onslaught of incurable spinal cancer

The first inside story of one of TV's most popular and beloved dramas, Grey's Anatomy. More than fifteen years after its premiere, Grey's Anatomy remains one of the most beloved dramas on television and ABC's most important property. It typically wins its time slot and has ranked in the Top 20 most-watched shows in primetime for most of its seventeen-season run. It currently averages more than eight million viewers each week. Beyond that, it's been a cultural touchstone. It introduced the unique voice and vision of Shonda Rhimes; it made Ellen Pompeo, Sandra Oh and T.R. Knight household names; and injected words and phrases into the cultural lexicon, such as "McDreamy," "seriously," and "you're my person." And the behind-the-scenes drama has always been just as juicy as what was happening in front of the camera, from the controversial departure of Isaiah Washington to Katherine Heigl's fall from grace and Patrick Dempsey's shocking death episode. The show continued to hemorrhage key players, but the beloved hospital series never skipped a beat. Lynette Rice's How to Save A Life takes a totally unauthorized deep dive into the show's humble start, while offering exclusive intel on the behind-the-scenes culture, the most heartbreaking departures and the more polarizing plotlines. This exhaustively enthusiastic book is one that no Grey's Anatomy fan should be without.

"Smart, hilarious, unique-- just terrific." --Anne Lamott A thoughtful, witty memoir from the author of How to Be a Person in the World and the popular advice column, Ask Polly. When Heather Havrilesky was a kid during the '70s, harrowing disaster films dominated every movie screen with earthquakes that destroyed huge cities, airplanes that plummeted towards the ground and giant sharks that ripped teenagers to shreds. Between her parents' dramatic clashes and her older siblings' hazing, Heather's home life sometimes mirrored the chaos onscreen. Disaster Preparedness charts how the most humiliating and painful moments in Havrilesky's past forced her to develop a wide range of defense mechanisms, some adaptive, some piteously ill-suited to modern life. From premature boxing lessons to the competitive grooming of cheerleading camp, from her parents' divorce to her father's sudden death, Havrilesky explores a path from innocence and optimism to self-protection and caution, bravely reexamining the injuries that shaped her, the lessons that sunk in along the way, and the insights that carried her through. Disaster Preparedness is a road map to the personal disasters we all face from an irresistible voice that gets straight to the beauty and grace at the heart of every calamity.

An ultra marathoner and running coach captures the energy and joy of running in this illustrated, full-color motivational interactive fitness guide and journal that will inspire every type of runner—from beginner to experienced marathoner—to shut up and run. Running isn't just an activity, it's a lifestyle that connects runners with the world around them, whether they're pounding the pavement of crowded big city streets or traversing trails through quiet woods and fields. Reflecting the excitement, color, and focus of the running experience, Shut Up and Run

offers tips, tricks, and visual motivation to help every runner cultivate miles of sweat, laughter, swagger, and friendship. Combining a fitness manual, training program, and self-help advice book in one, this gorgeous, four-color book—filled with anecdotes and stunning action imagery, and supported by graphic inspirational quotes—contains essential training tips for every level, including meditation and visualization techniques, that address a runner's body and mind. Robin Arzon offers unique style tips and practical gear recommendations to help you show off your best stuff mile after mile, and tells you everything you need to know, from how to pick the best running shoes to how to get off that sofa and go. No detail is left to chance; *Shut Up and Run* is loaded with information on every aspect of the runner's world, from gear and music to training for a half marathon and post-race recovery tips. Robin includes space at the end of each chapter to track your progress as you build up to your first marathon or other running goals. Designed to help readers find the information quickly and easily, loaded with practical advice, style, and attitude, this practical guide—written by a runner for runners—makes it clear that to succeed, all you need to do is shut up and run!

This is a summary of Shonda Rhimes' *Year of Yes: How to Dance It Out, Stand In the Sun and Be Your Own Person*. In this poignant, hilarious and deeply intimate call to arms, Hollywood's most powerful woman, the mega-talented creator of *Grey's Anatomy* and *Scandal* and executive producer of *How to Get Away with Murder*, reveals how saying YES her life - and how it can change yours too. With three hit shows on television and three children at home, Shonda Rhimes had lots of good reasons to say no when invitations arrived. Hollywood party? No. Speaking engagement? No. Media appearances? No. And to an introvert like Shonda, who describes herself as 'hugging the walls' at social events and experiencing panic attacks before press interviews, there was a particular benefit to saying no: nothing new to fear. Then came Thanksgiving 2013, when Shonda's sister Delorse muttered six little words at her: You never say yes to anything. Profound, impassioned and laugh-out-loud funny, in *Year of Yes* Shonda Rhimes reveals how saying YES changed - and saved - her life. And inspires readers everywhere to change their own lives with one little word: Yes. Available in a variety of formats, this summary is aimed for those who want to capture the gist of the book but don't have the current time to devour all 336 pages. You get the main summary along with all of the benefits and lessons the actual book has to offer. This is a summary that is not intended to be used without reference to the original book.

Die A Little tells the story of Lora King, a schoolteacher, and her brother Bill, a junior investigator with the district attorney's office. Lora's comfortable, suburban life is jarringly disrupted when Bill falls in love and marries a glamorous yet mysterious young woman named Alice Steele, a Hollywood wardrobe assistant. Lora soon begins to suspect that things aren't all they seem with Alice. Spurred on by inconsistencies in Alice's personal history, Lora finds herself lured into the dark alleys and mean streets of seamy Los Angeles. She uncovers a shadowy world of drugs, prostitution, and ultimately, murder. But the deeper Lora digs to uncover Alice's secrets, the more her own life begins to resemble Alice's sinister past - and present.

April Green's *'Bloom for Yourself'* is a beautiful, tender book of poetic writing, woven into spiritual lessons on healing, growth, faith, and self-love. April's approach to writing is visceral; giving readers layer upon layer of thought-provoking optimism and faith. Her words are shared by thousands of people all over the world, including Jenna Dewan Tatum, Shantel Vansanten and Cartia Mallan. *'Bloom for Yourself'* is a book for anyone feeling lost, alone, depressed or unworthy. It is a book to be read many times over as you come to experience April's extraordinary gift for helping you understand that you are never truly alone.

'Hannah's writing makes me laugh and laugh and LAUGH... I am officially a fan girl' Lucy Vine Welcome to Izzy's rollercoaster year of saying yes. Get ready for non-stop hilarity, unadulterated entertainment and the journey of a lifetime. *The Year of Saying Yes* was originally

published as a four-part serial. This is the complete story! For fans of Anna Bell and Zoe May... Dear Readers, I hold my hands up: I'm stuck in a rut. For three years and counting I've been hopelessly in love with the same guy - and the closest we've ever got is a drunken arse grab (NB: this doesn't count). My favourite hobby is googling cats for spinsters and I'm sick of my shoestring salary that barely pays for my shoebox flat. I need a head-to-toe life makeover. Enter my 'Year of Saying Yes', which is where you come in. To help me sort out my sorry life, I need you to #Darelzzy. For the next 12 months I'll be saying 'yes' to your challenges, no matter how wild, adventurous or plain nuts they are. 'No' is not an option! Here goes... Wish me luck! I'm going to need it. Love, Izzy x Readers love THE YEAR OF SAYING YES: 'Prepare yourself readers, you will be in hysterics in laughter until your belly hurts. I FREAKING LOVED THIS... I feel like I have reunited with my old love. *happily sighs*' A Crave For Books Blog 'Move over Bridget Jones there's a new girl in town!' Goodreads reviewer 'A hilarious read' Bella magazine 'The most excellent and humorous book I have read in a very long time' Dreaming With Open Eyes 'I loved loved this book, it was fun, hilarious and witty' Escapades of a Bookworm 'SO good ... full of laugh-out-loud moments' On My Bookshelf 'A bundle of laughs' The Book Magnet '4% in, I was already laughing out loud and snorting ... the other 96% just kept getting better' The Writing Garnet 'A fabulous and fun read' By The Letter Book Reviews 'A hilarious, light hearted read' BrizzleLass Books 'A breath of fresh air, that made me laugh and smile the whole way through... I will be telling anyone who will listen to me, just how great this story really is' Kelly's Book Corner 'Hannah Doyle's witty writing had me hook, line and sinker' Shaz's Book Blog 'I highly encourage everyone to pick up this story' Alba In Bookland 'Ultimate beach read' Reveal magazine 'This is a laugh out loud level of funny ... an all around fun book to read' Rachel's Random Reads Blog 'Prepare yourself readers you will be in hysterics in laughter until your belly hurts' A Crave For Books Blog

In this powerful psychological suspense debut, when a woman's life is shattered, she is faced with a devastating question: What if everything she thought was normal and good and true...wasn't? Clara Lawson is torn from her life in an instant. Without warning, her home is invaded by armed men, and she finds herself separated from her beloved husband and daughters. The last thing her husband yells to her is to say nothing. In chapters that alternate between past and present, the novel slowly unpeels the layers of Clara's fractured life. We see her growing up, raised with her sisters by the stern Mama and Papa G, becoming a poised and educated young woman, falling desperately in love with the forbidden son of her adoptive parents. We see her now, sequestered in an institution, questioned by men and women who call her a different name—Diana—and who accuse her husband of unspeakable crimes. As recollections of her past collide with new revelations, Clara must question everything she thought she knew, to come to terms with the truth of her history and to summon the strength to navigate her future.

How Big Do You Want to Live? Channel your black girl magic: If you're feeling stuck or trapped by other people's expectations of what you can achieve, it's time to stop playing small and start redefining what success can mean for you. It's time to get that upgrade. Karen Arrington?founder of the Miss Black USA Pageant, creator of the Next Level Women's Summit, and mentor to thousands of confident, successful young black women?is your guide to getting your next level life. Leave a legacy of black excellence: With the seven simple rules, you'll learn how to bring your career, income, and lifestyle to that next level. Don't settle for a life of invisibility and mediocrity. Set ambitious goals, reach for bigger opportunities, and know that you are brave enough to get what you deserve. The rules of success in Your Next

Level Life will show you how to: • Create all the money you need • Position yourself like a star • Connect with other powerful women Give a gift of confidence: For anyone looking for inspirational gifts for women in their lives, Your Next Level Life is unlike other self-help books for women. It's a guide to opportunity that recognizes and celebrates the true magic of ambitious black women. Your Next Level Life is where Gay Hendricks's The Big Leap meets Shonda Rhimes's Year of Yes. If you liked personal development books like Believe Bigger and Don't Settle for Safe, you'll love Your Next Level Life: 7 Rules of Power, Confidence, and Opportunity for Black Women in America.

Refreshingly authentic and bold... Don't miss this smashing #ownvoices novel from Francina Simone! Filled with heart, humor and a heroine to root for, Smash It! is a perfect read for fans of Julie Murphy, Ibi Zoboi and Ashley Poston. Olivia "Liv" James is done with letting her insecurities get the best of her. So she does what any self-respecting hot mess of a girl who wants to SMASH junior year does... After Liv shows up to a Halloween party in khaki shorts—why, God, why?—she decides to set aside her wack AF ways. She makes a list—a F*ck-It list. 1. Be bold—do the thing that scares me. 2. Learn to take a compliment. 3. Stand out instead of back. She kicks it off by trying out for the school musical, saying yes to a date and making new friends. Life is great when you stop punking yourself! However, with change comes a lot of missteps, and being bold means following her heart. So what happens when Liv's heart is interested in three different guys—and two of them are her best friends? What is she supposed to do when she gets dumped by a guy she's not even dating? How does one Smash It! after the humiliation of being friend-zoned? In Liv's own words, "F*ck it. What's the worst that can happen?" A lot, apparently. #SMASHIT

Humorous essays that dissects our cultural obsessions and calls out bad behavior in our increasingly digital, connected lives

INSTANT NEW YORK TIMES BESTSELLER WINNER OF THE 2020 NAACP IMAGE AWARD FOR OUTSTANDING LITERARY WORK — BIOGRAPHY/AUTOBIOGRAPHY NOW OPTIONED FOR DEVELOPMENT AS A TV SERIES BY PARAMOUNT TELEVISION STUDIOS AND ANONYMOUS CONTENT "The millennial Becoming . . . Inspiring and empowering." —Entertainment Weekly "An essential read for women in the workplace today." —Refinery29 Part-manifesto, part-memoir, from the revolutionary editor who infused social consciousness into the pages of Teen Vogue, an exploration of what it means to come into your own—on your own terms Throughout her life, Elaine Welteroth has climbed the ranks of media and fashion, shattering ceilings along the way. In this riveting and timely memoir, the groundbreaking journalist unpacks lessons on race, identity, and success through her own journey, from navigating her way as the unstoppable child of an unlikely interracial marriage in small-town California to finding herself on the frontlines of a modern movement for the next generation of change makers. Welteroth moves beyond the headlines and highlight reels

to share the profound lessons and struggles of being a barrier-breaker across so many intersections. As a young boss and often the only Black woman in the room, she's had enough of the world telling her—and all women—they're not enough. As she learns to rely on herself by looking both inward and upward, we're ultimately reminded that we're more than enough.

"Recounts how the author spent a year living gratefully, drawing on advice from psychologists, academics, doctors, and philosophers to gain a fresh outlook that transformed her relationships, work, health, and daily life,"--Novelist.

Randall Kennedy takes on not just a word, but our laws, attitudes, and culture with bracing courage and intelligence—with a range of reference that extends from the Jim Crow south to Chris Rock routines and the O. J. Simpson trial. It's "the nuclear bomb of racial epithets," a word that whites have employed to wound and degrade African Americans for three centuries. Paradoxically, among many Black people it has become a term of affection and even empowerment. The word, of course, is nigger, and in this candid, lucidly argued book the distinguished legal scholar Randall Kennedy traces its origins, maps its multifarious connotations, and explores the controversies that rage around it. Should Blacks be able to use nigger in ways forbidden to others? Should the law treat it as a provocation that reduces the culpability of those who respond to it violently? Should it cost a person his job, or a book like *Huckleberry Finn* its place on library shelves? In this collection of four stories, Yasmin takes charge of some sticky situations! At home, at school, or out and about, Yasmin faces challenges head on with creativity and quick thinking. Whether she's creating a new recipe, finding a way to rescue a stuck toy for a little friend, or calming down monkeys (and classmates!), a clever solution to any problem is just around the corner!

In the voices of twenty landmark memoirists—including New York Times bestselling authors Cheryl Strayed, Sue Monk Kidd, and Pat Conroy—a definitive text on the craft of autobiographical writing, indispensable for amateur and professional writers alike. For readers of Mary Karr's *The Art of Memoir* and Judith Barrington's *Writing the Memoir*, this follow-up to editor Meredith Maran's acclaimed writers' handbook, *Why We Write*, offers inspiration, encouragement, and pithy, practical advice for bloggers, journal-keepers, aspiring essayists, and memoirists. Curated and edited by Maran, herself an acclaimed author and book critic, these memoirists share the lessons they've learned through years of honing their craft. They reveal what drives them to tell their personal stories and examine the nuts and bolts of how they do it. Speaking frankly about issues ranging from turning oneself into an authentic, compelling character to exposing hard truths, these outstanding authors disclose what keeps them going, what gets in their way, and what they love most—and least—about writing about themselves. "It's possible that *Why We Write About Ourselves* is the first compilation of memoirists at the top of their game seriously and thoughtfully considering the genre." – LA Times

Henson writes of her family, the one she was born into and the one she created. She shares stories of family, friends, the hustle required to make it from DC to Hollywood, and the joy of living in your own truth. Here she also opens up about her experiences as a single mother, a journey some saw as a burden but which she saw as a gift. With humor and candor, Henson shows us that behind the red carpet moments, she is just a girl in pursuit of her dreams.

The creator of "Grey's Anatomy" and "Scandal" details the one-year experiment with saying "yes" that transformed her life, revealing how accepting unexpected invitations she would have otherwise declined enabled powerful benefits. As the obituary writer in a spectacularly beautiful but often dangerous spit of land in Alaska, Heather Lende knows something about last words and lives well lived. Now she's distilled what she's learned about how to live a more exhilarating and meaningful life into three words: find the good. It's that simple--and that hard. Quirky and profound, individual and universal, Find the Good offers up short chapters that help us unlearn the habit--and it is a habit--of seeing only the negatives. Lende reminds us that we can choose to see any event--starting a new job or being laid off from an old one, getting married or getting divorced--as an opportunity to find the good. As she says, "We are all writing our own obituary every day by how we live. The best news is that there's still time for additions and revisions before it goes to press." Ever since Algonquin published her first book, the New York Times bestseller *If You Lived Here, I'd Know Your Name*, Heather Lende has been praised for her storytelling talent and her plainspoken wisdom. The Los Angeles Times called her "part Annie Dillard, part Anne Lamott," and that comparison has never been more apt as she gives us a fresh, positive perspective from which to view our relationships, our obligations, our priorities, our community, and our world. An antidote to the cynicism and self-centeredness that we are bombarded with every day in the news, in our politics, and even at times in ourselves, Find the Good helps us rediscover what's right with the world. "Heather Lende's small town is populated with big hearts--she finds them on the beach, walking her granddaughters, in the stories of ordinary peoples' lives, and knits them into unforgettable tales. Find the Good is a treasure." —Jo-Ann Mapson, author of *Owen's Daughter* "Find the Good is excellent company in unsteady times . . . Heather Lende is the kind of person you want to sit across the kitchen table from on a rainy afternoon with a bottomless cup of tea. When things go wrong, when things go right, her quiet, commonsense wisdom, self-examining frankness, and good-natured humor offer a chance to reset, renew, rebalance." —Pam Houston, author of *Contents May Have Shifted* "With gentle humor and empathy [Lende] introduces a number of people who provide examples of how to live well . . . [Find the Good] is simple yet profound." —Booklist "In this cynical world, Find the Good is a tonic, a literary wellspring, which will continue to run, and nurture, even in times of drought. What a brave and beautiful thing Heather Lende has made with this book." —John Straley, Shamus Award winner and former writer laureate of Alaska "Heather Lende is a terrific writer and terrific company:

intimate, authentic, and as quirky as any of her subjects.” —Marilyn Johnson, author of *The Dead Beat*

In this poignant, hilarious and deeply intimate call to arms, Hollywood's most powerful woman, the mega-talented creator of *Grey's Anatomy* and *Scandal* and executive producer of *How to Get Away with Murder* and *Catch*, reveals how saying YES changed her life - and how it can change yours too. With three hit shows on television and three children at home, Shonda Rhimes had lots of good reasons to say no when invitations arrived. Hollywood party? No. Speaking engagement? No. Media appearances? No. And to an introvert like Shonda, who describes herself as 'hugging the walls' at social events and experiencing panic attacks before press interviews, there was a particular benefit to saying no: nothing new to fear. Then came Thanksgiving 2013, when Shonda's sister Delorse muttered six little words at her: You never say yes to anything. Profound, impassioned and laugh-out-loud funny, in *Year of Yes* Shonda Rhimes reveals how saying YES changed - and saved - her life. And inspires readers everywhere to change their own lives with one little word: Yes.

This is a summary of Shonda Rhimes' *Year of Yes: How to Dance It Out, Stand In the Sun and Be Your Own Person*. In this poignant, hilarious and deeply intimate call to arms, Hollywood's most powerful woman, the mega-talented creator of *Grey's Anatomy* and *Scandal* and executive producer of *How to Get Away with Murder*, reveals how saying YES her life - and how it can change yours too. With three hit shows on television and three children at home, Shonda Rhimes had lots of good reasons to say no when invitations arrived. Hollywood party? No. Speaking engagement? No. Media appearances? No. And to an introvert like Shonda, who describes herself as 'hugging the walls' at social events and experiencing panic attacks before press interviews, there was a particular benefit to saying no: nothing new to fear. Then came Thanksgiving 2013, when Shonda's sister Delorse muttered six little words at her: You never say yes to anything. Profound, impassioned and laugh-out-loud funny, in *Year of Yes* Shonda Rhimes reveals how saying YES changed - and saved - her life. And inspires readers everywhere to change their own lives with one little word: Yes. Available in a variety of formats, this summary is aimed for those who want to capture the gist of the book but don't have the current time to devour all 336 pages. You get the main summary along with all of the benefits and lessons the actual book has to offer. This summary is not intended to be used without reference to the original book.

The “brilliantly wry” (Lena Dunham) and “lovably awkward” (Mindy Kaling) New York Times bestseller from the creator of HBO's *Insecure*. In this universally accessible New York Times bestseller named for her wildly popular web series, Issa Rae—“a singular voice with the verve and vivacity of uncorked champagne” (Kirkus Reviews)—waxes humorously on what it's like to be unabashedly awkward in a world that regards introverts as hapless misfits and black as cool. I'm awkward—and black. Someone once told me those were the two worst things anyone could be. That someone was right.

Where do I start? Being an introvert (as well as “funny,” according to the Los Angeles Times) in a world that glorifies cool isn’t easy. But when Issa Rae, the creator of the Shorty Award-winning hit series *The Misadventures of Awkward Black Girl*, is that introvert—whether she’s navigating love, the workplace, friendships, or “rapping”—it sure is entertaining. Now, in this New York Times bestselling debut collection written in her witty and self-deprecating voice, Rae covers everything from cybersexing in the early days of the Internet to deflecting unsolicited comments on weight gain, from navigating the perils of eating out alone and public displays of affection to learning to accept yourself—natural hair and all. *The Misadventures of Awkward Black Girl* is a book no one—awkward or cool, black, white, or other—will want to miss.

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